

## Health Education Today – Unit Outline



**Here are a few of the detailed activities included:**

### **Day 1 + 2: BEING ASSERTIVE, NOT AGGRESSIVE**

- “So Quic” Model Handout
- “Assertiveness Survey”
- How to be Assertive Versus Aggressive
- Start Partner Dialogue Activity
- Video
- Internal -vs- external triggers
- “Survivor” T.V. Show Video Example:-Using T.V. show "Survivor" to analyze conflict!
- ‘I Statements Activity’

### **Day 3 + 4: CONFLICT RESOLUTION MODEL**

- Finish "Partner Dialogue Activity"
- Funny Video
- Very Cool Perceptions Activity (Can you see the...?)
- Questioning Skills

### **Day 5: CONFLICT RESOLUTION MODEL**

- "Awareness Test" Video

- "So Quic" Conflict Resolution Practice

- "So Quic" Quiz #2

- Relationships are one of the most important things in life!

- Calming Statements"

- Wallet Card Activity

### **Day 6+7: COMMUNICATION SKILLS FORTUNE COOKIES**

- "Communication Survey"

- "How to Fold Fortune Cookies" Video

- Use "Communication and Conflict Resolution Tips Sheet" to complete this fun "Fortune Cookie" project!

- Optional Unit Assessment